

2009 Volume III

**INSIDE THIS ISSUE:**

Kids on the Block	2
Greetings from the Executive Director	2
Art Contest	2
Calendar of Events	3
Save the Date	3
Charles H. Dater Foundation	3



**David M. Ficker, MD**

## The Update is Going Green

In an ongoing effort to save costs, this will be the last Update Newsletter to be mailed to your home. We will continue to print a condensed version of the Update for distribution to hospitals and doctor's offices, and, as always, past and present issues are available for review online at [www.cincinnati-epilepsy.org](http://www.cincinnati-epilepsy.org). If you would like to receive the Update via email, let us know at [efgc@cincinnati-epilepsy.org](mailto:efgc@cincinnati-epilepsy.org). We apologize for any inconvenience this may cause.



## Ask the Expert: Stimulation devices for epilepsy

**David M. Ficker, MD**  
Director, Epilepsy Monitoring Unit, Cincinnati Epilepsy Center  
University of Cincinnati Medical Center

The vagus nerve stimulator (VNS) was approved in 1997 for partial epilepsy and remains the only currently approved device for epilepsy. This device consists of a pacemaker-like device that is implanted in the chest with a wire (lead) attached to the left vagus nerve in the neck. The VNS is programmed to stimulate the nerve intermittently throughout the day and night. We do not really know how VNS works to reduce seizures, but there seems to be some impact on many areas of the brain with stimulation.

Studies of the VNS suggest that seizures may be reduced by 25-30%.

There are several other devices in clinical trials that may be approved if they are shown to be effective in these studies: thalamic stimulation and responsive cortical stimulation.

The thalamic stimulation study is complete and is being reviewed for possible approval. This device is considered a deep brain stimulator similar to that used for Parkinson's Disease. The responsive cortical stimulation device is designed

to detect seizures and stimulate the brain to try to stop a seizure. This device is in clinical trial and we do not know if this device will eventually be approved.

Any of these stimulation devices for epilepsy are intended only to reduce seizure frequency and are not intended as a cure. Very few people become completely seizure free with these devices which are generally considered for patients with medication resistant epilepsy who are not epilepsy surgery candidates.

## My Day at King's Island - submitted by Marty Fey

On June 5, I joined a group of 36 other people from the Epilepsy Foundation who enjoyed an awesome day of fun at King's Island.

Thanks to the generosity of King's Island, we were all able to get in the park for free and other donors helped to provide money for a nice lunch in the Picnic Grove. We enjoyed hamburgers, hot dogs and fried chicken. It was very good.

After lunch many of us took the challenge to ride the new Diamond Back. It was awesome. We loved it so much some of us went on it again. We rode all the roller coasters, got wet on the log flume and enjoyed some shows. It was a very fun day and I made a lot of new friends.

I hope we can all go back to King's Island next year!



## Kids on the Block



Every school year the Epilepsy Foundation of Greater Cincinnati is busy teaching and entertaining kids around the region with our signature puppet program, Kids on the Block, but we are looking to spread the word about epilepsy in a unique way to even more schoolchildren in the coming year.

The puppetry program presents skits wherein one of the puppets has a seizure and the other puppet is not sure how to appropriately respond. Through the

interaction of the two puppets, the students learn valuable lessons about what epilepsy is and is not, and the need to respect the person who has seizures.

If you work with children up to grade 3 and would like learn more about the program and how to get on the schedule for the 2009-2010 school year, please give Tom Koprowski a call at 513-721-2905. We strongly believe that by educating children about epilepsy, we

can prevent many of the myths and misconceptions that are prevalent today. The children are our future and we are committed to investing our resources into brightening the future for people affected by epilepsy.

*Greetings!*

*Summer is upon us and I hope everyone is able to enjoy time with family and friends.*

*Every day there are articles in the newspaper or stories in the news about how the economy is affecting companies and cuts that need to be made to stay afloat. Well, the Epilepsy Foundation is no exception. We have faced numerous state funding cuts and have seen a decline in the number of donations being made to our organization.*

*Our special events are a vital part of our fundraising efforts. We have a Sand Volleyball Tournament and the Mason Mini-Marathon right around the corner. We will also be hosting a new fundraising effort called "Talk About It At Dinner", in which individuals or families will host a simple dinner to not only raise awareness about epilepsy, but also to help raise donations for the Epilepsy Foundation. If you would like to be a part of this new fundraising effort, please contact me at 721-2905.*

*If everyone participates or contributes what they can to our fundraising efforts, it will enable us to be able to continue to offer quality programs and services to all affected by epilepsy, as well as to be able to continue to educate everyone in the community about epilepsy.*

*I hope you all stay cool, have fun and enjoy the rest of your summer.*

*Kathy Stewart, Executive Director*



## 2009 Expressions of Courage® Art Contest for People with Epilepsy Now Accepting Entries

*Expressions of Courage®* is a national art contest for people with epilepsy. The contest showcases the talent and inspiration of people across the country living with the condition.

Ortho-McNeil Neurologics®, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc, in partnership with the Epilepsy Foundation, invites people diagnosed with epilepsy of all ages to share their artwork in this year's contest. The contest will be open for entries from May 11, 2009

through August 28, 2009. A panel of epilepsy advocates, art industry representatives and healthcare experts will serve as contest judges and will announce the winning artwork in November. Entries are judged based on creativity and the ability to bring to life the experiences of living with epilepsy.

Artwork may be created in ink, pencil, crayon, paint or a combo of these materials and must be on paper or board no larger than 8½"x 11". Contest entries will be categorized into three age groups: children 12 years old and younger; teens age 13 to 17; and adults 18 years of age and older. Multiple submissions will be accepted.

Winners will be highlighted on the *Expressions of Courage®* Web site. A few winning pieces will also be chosen by curators from the Society for the Arts in Healthcare for display in a traveling art exhibition comprised of more than 20 winning entries from past contests.

Last year Allison Hughes and Lauren Hackney were chosen for their efforts from the Greater Cincinnati area. More information and entry forms can be found at [www.expressionsofcourage.com](http://www.expressionsofcourage.com) or call the Contest Help Line at 800-224-4935 with questions.

Good Luck!

# Calendar of Events

**August 11, 2009; 6:00-7:30 PM**

Clermont County Epilepsy Support Group:  
Miami Township Civic Center Conference  
Room (6101 Meijer Dr., Miami Township,  
OH 45150

**August 12, 2009; 5:30-7:00 PM**

Warren County Epilepsy Support Group:  
Kidd Coffee (322 Reading Rd., Mason, OH  
45040) \*\*\*Note new meeting time!

**August 15, 2009; 2:00 PM**

Sand Volleyball Tournament: The Sandbar  
( 4625 Kellogg Ave., Cincinnati, OH 45226)

**August 19, 2009; 6:00-7:30 PM**

Northern Kentucky Epilepsy Support Group:  
St. Luke Hospital West, Lower Level  
Conference Room (7380 Turfway Rd.,  
Florence, KY 41042)

**August 20, 2009; 6:00-7:30 PM**

Hamilton County Epilepsy Support Group:  
Epilepsy Foundation's Main Office (895  
Central Ave., Suite 550, Cincinnati, OH  
45202)

**August 27, 2009; 9:00 AM**

Seminar "The Diagnosis and Management  
of Childhood Apraxia of Speech (CAS)": The  
Health Foundation of Greater Cincinnati

**August 27, 2009; 6:00-7:30 PM**

Butler County Epilepsy Support Group:  
Janet Clemmons Center (282 N. Fair Ave.,  
Hamilton, OH 45011)

**September 8, 2009; 6:00-7:30 PM**

Clermont County Epilepsy Support Group

**September 9, 2009; 5:30-7:00 PM**

Warren County Epilepsy Support Group

**September 16, 2009; 6:00-7:30 PM**

Northern Kentucky Epilepsy Support Group

**September 17, 2009; 6:00-7:30 PM**

Hamilton County Epilepsy Support Group

**September 23, 2009; 9:00 AM**

Seminar "Understanding the Individualized  
Education Plan (IEP): From Evaluation  
Through Implementation": The Health

Foundation of Greater Cincinnati

**September 24, 2009; 6:00-7:30 PM**

Butler County Epilepsy Support Group

**October 2-4, 2009**

Fall weekend of Camp Dream Catcher

**October 13, 2009; 6:00-7:30 PM**

Clermont County Epilepsy Support Group

**October 14, 2009; 5:30-7:00 PM**

Warren County Epilepsy Support Group

**October 15, 2009; 6:00-7:30 PM**

Hamilton County Epilepsy Support Group

**October 21, 2009; 6:00-7:30 PM**

Northern Kentucky Epilepsy Support Group

**October 22, 2009; 6:00-7:30 PM**

Butler County Epilepsy Support Group

**October 29, 2009; 9:00 AM**

Seminar—Topic TBA: The Health  
Foundation of Greater Cincinnati



## Save the Date!!



Celebrate Epilepsy Awareness Month with us in Warren County! Lace up your running (or walking) shoes and begin training for our 2<sup>nd</sup> Annual Mason Mini Marathon on Sunday, November 8, 2009. The event will be held at Mason High School and will feature a 15K run as well as a 5K run and walk. The race will start at 9:00am and wind its way through two local parks and surrounding communities in beautiful Warren County.



### Charles H. Dater Foundation Supports our Community Education Programs

We would like to thank the Charles H. Dater Foundation for recognizing the importance of our school-based epilepsy trainings. Through a generous grant from the Charles H. Dater Foundation we are able to continue our one of a kind "Kids on the Block" puppet program (see page 2, top), as well as trainings for school personnel, head start, fire departments, police and EMTs. We also provide epilepsy education to nursing homes, day care centers and the Council on Aging. Additionally, our community educator provides one-on-one education and supports families with their child's IEP (Individual Education Plan).

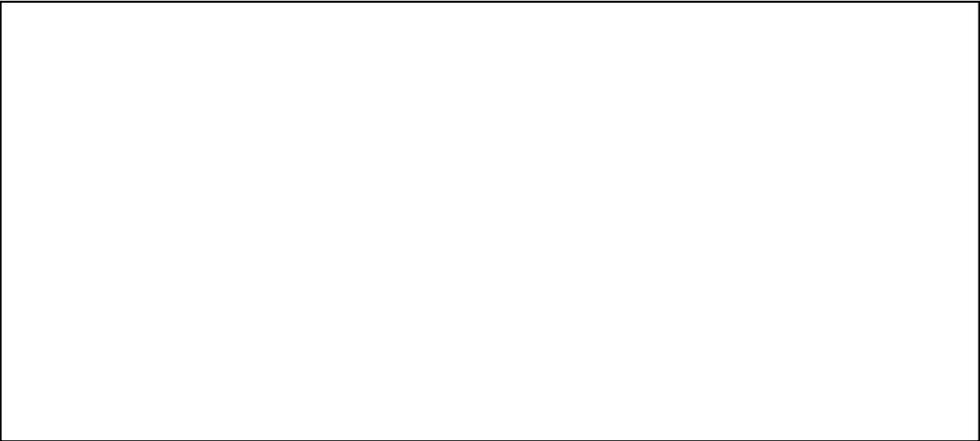
Thank you, Charles H. Dater Foundation, for your kindness. It is with the support of generous donors like yourselves that we are able to continue the valuable programs at the Epilepsy Foundation.



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We're on the web!  
[www.cincinnatiPILEPSY.org](http://www.cincinnatiPILEPSY.org)



Mission statement:

The Epilepsy Foundation of Greater Cincinnati will ensure that people with seizures are able to participate in all life experiences; and will prevent, control and cure epilepsy through services, education, advocacy and research.

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When you need something local, why search anywhere else? The Cincinnati Bell Directory and [cbyp.com](http://cbyp.com) have it all.

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The Update is a quarterly newsletter published by the Epilepsy Foundation of Greater Cincinnati

The Epilepsy Foundation of Greater Cincinnati is a United Way Agency founded in 1953 to assist people with epilepsy and their families in meeting their multiple health and social needs.

Executive Director:

Kathy Stewart

President of the Board of Directors:

James Comodeca